

Lexington Senior Center Menu March 2017

RESERVATION SYSTEM: Please call 781-698-4850 to make your reservation. Seating is limited.

LEXINGTON RESIDENTS can reserve 2 days in advance. **NON-LEXINGTON RESIDENTS** can reserve the day before.

1. Call on Thursday (anytime) and/or Friday (by 10:00a.m.) to reserve for Monday
2. Call on Monday (anytime) and/or Tuesday (by 10:00a.m.) to reserve for Wednesday
3. Call on Wednesday (anytime) and/or Thursday (by 10:00a.m.) to reserve for Friday
4. If you are attending a meal and are a Lexington resident you may sign up for the following meal in person.
(e.g. If you attend lunch on Monday, you can sign up for the Wed. lunch and won't have to call in.)

MONDAY	WEDNESDAY	FRIDAY
	1. Sodium	3. Sodium
	Baked Haddock with Light Crumb Topping 270	Cod with Leeks and Mushrooms 280
	Greek Orzo Pilaf 55	Paprika Roasted Potatoes 20
	Butternut Squash 0	Green Beans with Carrots 130
	Canned Fruit 5	Brownie
6.	8. Sodium	10. Sodium
No Meals Served	Pot Roast with Gravy 230	Baked Sole with Peppers and Tomato 210
	Oven Roasted Potatoes 135	Wild Rice 140
	Swiss Chard 290	Broccoli 30
	Cookies	Fresh Fruit 0
13. Sodium	15. Sodium	17. Sodium
Macaroni and Cheese 490	High Sodium	Yellowtail with Tomato Salsa 320
Glazed Carrots 80	Beef Stew* 940	Risotto 150
Brownie	Polenta 150	Swiss Chard 290
	Brussels Sprouts 170	Fresh Orange 0
	Canned Fruit 5	
20. Sodium	22. Sodium	24. Sodium
Chicken Picatta 330	London Broil with Mushroom Sauce 320	Poached Norwegian Trout with Lemon and Dill 55
Pistachio Rice 55	Lemon Roasted Potatoes 45	Rice Pilaf 50
Asparagus 0	Baked Tomato 115	Peas and Pearl Onions 45
Cookies	Fresh Fruit 0	Canned Fruit 5
27. Sodium	29. Sodium	31. Sodium
Turkey Pot Pie* 590	Duck with Winter Vegetables 490	Cod with Leeks and Mushrooms 280
Spinach Soufflé 480	Greek Orzo Pilaf 55	Paprika Roasted Potatoes 20
Fresh Orange 0	Butternut Squash 0	Green Beans with Carrots 130
	Canned Fruit 5	Brownie

Funded by Minuteman Senior Services and prepared in the kitchen of Brookhaven at Lexington.

All meals are served with milk, rolls & butter, and desserts unless specified

The nutrition information is meant to guide you with your daily choices. It is by no means exact and recipes are continually being reviewed.

Sodium values are listed beside each menu item. Breads and desserts vary so values are not listed.

Entrees that contain more than 500mg sodium are designated by an *.

Meals subject to change without notice - \$3 donation requested.

We look forward to having you join us!